

## CLAIMS

What is claimed is new and desired to be protected by letters patent is set forth in the appended claims:

1. A rolling exercise device comprising:

- a) an upper body member comprising:
  - i) a base member having a top side, a bottom side, a front side, a back side, a left side and a right side;
  - ii) a plurality of roller elements disposed on said bottom side of said base member;
  - iii) a cushion element disposed on said top side of said base member;
  - iv) a handle member extending in a substantially vertical manner from said front side of said base member;
  - v) a handle member extending in a substantially horizontal manner from said left side of said base member; and
  - vi) a handle member extending in a substantially horizontal manner from said left side of said base member; and

- b) an lower body member comprising:
  - i) a base member having a top side and a bottom side;
  - ii) a plurality of roller elements disposed on said bottom side of said base member; and
  - iii) a cushion element disposed on said top side of said base member.

2. A rolling exercise device as recited in claim 1, wherein said roller elements of said upper body member and said lower body member are wheels that are affixed to said bottom side of said base member so as to prevent the wheels from turning from side to side thereby restricting the rolling motion of said upper body member and said lower body member to be in a linear direction back and forth.

3. A rolling exercise device as recited in claim 1, wherein said base member of said upper body member further comprises:

- a) a frame;
- b) a rigid base plate supported by said frame; and
- c) means for permanently attaching said base plate to said frame.

4. A rolling exercise device as recited in claim 1, wherein said base member of said lower body member further comprises:
- a) a frame;
  - b) a rigid base plate supported by said frame; and
  - c) means for permanently attaching said base plate to said frame.
5. A rolling exercise device as recited in claim 2, wherein said wheels are axially fastened to rigid plates affixed to said bottom side of said base members to assure the linear movement of said upper body member and said lower body member.
6. A rolling exercise device as recited in claim 1, further including at least one elastomeric element extending along the length of at least one side of said base member to serve as a bumper guard.
7. A rolling exercise device as recited in claim 1, wherein the user places their knees on said cushion element of said lower body member and the forearms on said cushion element of said upper body element and extends their body to separate the two as far as possible and then pulls the upper body

member and the lower body member back to a position proximal to one another by contracting the abdominal muscles.

8. A rolling exercise device as recited in claim 1, wherein the user places their knees on said cushion element of said lower body member and the forearms on said cushion element of said upper body element and extends their body to separate the two as far as possible and then pulls the upper body member and the lower body member back to a position proximal to one another by contracting the abdominal muscles.